

Successful Aging Expo Speakers

May 5, 2022

Italian Heritage Center, 40 Westland Ave., Portland

	Room A	Room B
10-11	<p>Northern Light Home Health & Hospice Kim Swanson</p> <p>How can you remain active and independent in your home and community? Northern Light Home Care Physical and Occupational Therapists will review topics including simple home modifications, the importance exercise and physical activity, falls prevention strategies, and how to keep your mind healthy and engaged.</p>	<p>Disability Rights Maine Deborah Bare-Rogers</p> <p>Hearing assistance available free in Maine</p>
11-12 noon	<p>Assisted Living Locators Coffee Break with Sean Shambo</p> <p>Let's talk about finding a senior community</p>	<p>Edwards LifeSciences Jeff Legro</p> <p>Aortic Stenosis: what is this common heart problem?</p>
12 noon – 1 p.m.	<p>(12:30) Avita of Stoudwater/ Stroudwater Lodge</p> <p>What is independent living?</p>	<p>The Salvation Army</p> <p>Join Amy Anderson for lunch (first 20 people) and a game of Retirement Jeopardy!</p>
1-2 p.m.		<p>Hospice of Southern Maine Kim Crabill</p> <p>Hospice: Compassion, Care & Comfort Through End of Life</p>